

INVITATION

RISE, FLOW & SHINE

WITH AUGUST



WE ARE HAPPY TO INVITE FEMALE STUDENTS TO OUR MORNING EVENT 26.3.2019

ENGAGE

your body and mind

EMPOWER

yourself and find new
inspiration

ENJOY

candid conversations
and delicious breakfast

The morning begins at 8:15 at **Pihasali**, where we will enjoy an hour-long gentle and awakening yoga class by **VIRTA Well-being**. Afterwards, we will continue to **August's office**, where you will get to know August and discuss with our consultants as well as listen to positive psychology coach **Rosa Nenonen's** inspiring talk, while enjoying the most beloved breakfast in town by **KUUMA Helsinki**. The event will end around 12 o'clock.

The event is for female students who are at least in their 2nd year of study.
The number of participants is limited, so act fast!

RSVP: 17.3.2019 by email (erika.perttunen@august.fi)

Include your name, major subject, year of study, and possible special diet.
Please also describe your expectations for the event in a few sentences.

AUGUST